

Calgary



2018 Calgary Youth Services Guide



Calgary Youth Services Guide

Calgary has a lot of great youth services and organizations, but it's not always easy to find them.

That's why we've created the Calgary Youth Services Guide. Published by Calgary Neighbourhoods, it contains a listing of agencies and organizations that provide programs and services for youth. It's another way to connect youth to the programs and people they need.

The resources in this guide can help youth, parents and those who work with youth with everything from social connections and employment to support services, health and recreation.

The information was obtained from **informalberta.ca**, an online database of community, government, health and social services.

While many of the resources are designed for young people between the ages of 15 and 24, some services and programs are for those outside this age range as well. You can check with the organization to see what age groups they offer service to.

Have more questions? Call 211. It's a free, confidential and multilingual service that connects you to many other programs and services not listed in this guide.

*The listing of an organizations in this guide does not indicate its endorsement, nor does the exclusion imply a lack of approval.

Youth Employment Centre 403-268-2490

Second floor, 315 – 10th Ave. S.E.
youthemploymentcentre.ca

At no cost, YEC helps Calgary youth ages 15 to 24:

- connect with a career advisor
- explore career and educational options
- make resumes
- learn to ace interviews
- complete industry training
- use our computer lab
- join our youth programs
- attend hiring fairs

HOURS OF OPERATION

Monday to Friday 8 a.m. – 4:30 p.m.

Interact with YEC



yec_calgary



youthemploymentcentre



youthemploymentcentre



youthemploymentcentre



City of Calgary Youth
Employment Centre

YEC is located on the second floor of 315 – 10th Ave. S.E.

Appointments are not required.

YEC is open year-round 8 a.m. – 4:30 p.m.



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LISTINGS

1 Aboriginal Friendship Centre of Calgary

403-270-7379

101, 427 – 51st Ave. S.E.

afccalgary.org

- Cultural Reconnection – Traditional Naming Ceremony, sweats on Fridays, drumming, singing, Elder support.
- Referrals for clothing, food, and housing for homeless individuals.

2 Aboriginal Futures Career and Training Centre

403-253-5311

200, 6011 – 1A St. S.W.

aboriginalfutures.com

- Education, employment and training services.
- Computer access, fax, phone, and photocopier.
- Career planning and employment counselling.
- Interview coaching, job search preparation, resume and cover letter writing assistance.
- Employment training workshops, job fairs, career and employer information sessions and job club.

3 Adoption By Choice

403-245-8854

250, 3115 – 12th St. N.E.

adoptionbychoice.ca

1-800-570-2835

(text) 403-681-9630

- Open adoption where the birth parents select the adoptive family.
- Free pregnancy crisis and option counselling.
- International adoptions.

Adoption Options

207, 5940 Macleod Tr. S.

adoptionoptions.com

403-270-8228

(text/call) 403-519-7927

4

- Support in exploring options.
- Counselling through professional social workers.
- Opportunity to choose the adoptive family and maintain contact.

Alberta Pregnancy Options

albertapregnancyoptions.ca

(text/call) 403-519-7927

Al-Anon Family Groups – Calgary (24-hour) 403-266-5850

al-anon.ab.ca

5

- A 12 step recovery program for people whose lives are affected by someone else's drinking.
- Alateen, a group for youth 13 to 19 whose lives are affected by someone else's drinking.

Alberta Adolescent Recovery Centre (AARC) 403-253-5250

303 Forge Rd. S.E.

aarc.ab.ca

6

- Long term, semi-residential treatment program, for youth ages 12 – 21 years with substance abuse disorders.
- Treatment of co-occurring mental health disorders.
- Group, family and individual therapy including rehabilitation of family relationships.
- Onsite, registered nurse, Calgary Board of Education satellite classroom, consulting family physician and pediatric psychiatrist.
- Aftercare/continuing care for youth and families.

7 **Alberta Civil Liberties Research Centre**

403-220-2505

2350 Murray Fraser Hall
2500 University Dr. N.W.
youthsafe.net
aclrc.com

Youthsafe – LGBT Resources

- Website of resources and services for LGBT youth.
- Workshops and resources for community groups and service providers on homophobic youth bullying.

8 **Alberta Community and Social Services**

1-877-644-9992

Alberta Supports
albertasupports.ca

- Connects Albertans to benefits and services for seniors, people with disabilities, low income, bullying, family violence, homelessness and more.
- Access is available online, by telephone or in person.
Office hours are Monday to Friday, 8:15 a.m. – 4:30 p.m.

Alberta Support Centres

Calgary Central

403-297-2094

Lancore Building

Main floor, 1021 – 10 Ave. S.W.

Calgary South

403-297-2020

Fisher Park II

100, 6712 Fisher St. S.E.

Calgary East

403-297-1907

Westland Professional Centre

Main floor, 12752 Sunridge Way N.E.

Calgary North

403-297-7200

One Executive Place

1816 Crowchild Tr. N.W.

LISTINGS

Calgary Central
Century Park Place
Fifth floor, 855 Eight Ave. S.W.

1-877-644-992

24-hour Emergency Assistance

1-866-644-5135

Alberta Job Corps
3805 – 29th St. N.E.

403-297-7667

- Full-time and part-time employment initiative for individuals having difficulty in finding or maintaining employment.
- Employment counselling, essential skills, life management skills and paid work experience.
- Occupational training in a variety of areas and opportunity for certification including CPR, First Aid, Forklift, and WHMIS.
- Job placement assistance and follow-up.

Bridging Youth to Success
3805 – 29th St. N.E.

403-297-7300

- Paid full-time employment is provided for at-risk youth 16 – 18 years of age.
- Learn new skills that can be applied to the workforce.
- Gain living and employability skills for future successes.

Career Information Hotline
alis.alberta.ca/hotline

1-800-661-3753

- Career information and referral service.
- Consultation on educational programs, career planning, job descriptions and training programs.
- Referrals to community, educational, government, and social agencies.
- E-resume review service on website.

Employment Standards

1-877-427-3731

150, 717 Seventh Ave. S.W. (Eleventen Centre)

- Information for employers and employees on minimum standards of employment.
- Investigation of complaints when employees cannot resolve differences with employers.
- Answers to questions about filing a complaint, general holiday and vacation pay, hours of work, minimum wage, payment of earnings, overtime, termination of employment and other work related concerns.

9

Alberta Health Services

albertahealthservices.ca

Addiction help line:

(toll free 24-hour) 1-866-332-2322

- Alcohol, drug, gambling and tobacco addiction information and referral to services.

Youth Addiction Services

403-297-4664

1005 – 17th St. N.W.

- Assessment, counselling, referral and aftercare services for youth 12 to 17 and their families.
- Day treatment program for up to 12 weeks.
- 10 day social Detox and Stabilization program; planned intakes only.
- 12 weeks Wilderness Residential Program.
- Protection of Children Abusing Drugs (PChad), court mandated program.
- Information, health promotion, and capacity building services for the community.

LISTINGS

- EPIC Parent Group – 6 session evening program.
- Parent skill shop – 6 session evening program.

Drop-in intake counselling:

Monday, Wednesday, Friday 8:30 a.m. – 10 a.m.

Access Mental Health

403-943-1500

press 1 for child/adolescent services;
press 2 for adult services.

- Telephone based service staffed by mental health clinicians.
- Information and referral options for addiction and mental health resources and services.
- Connection to services for children, adolescents and adults.

Best Beginning

403-228-8221

- One to one and group support.
- Cooking groups.
- Facilitated discussions of prenatal topics.
- Referrals to community support agencies.
- Milk coupons, bus tickets, and referrals for food hampers.
- Dental referrals and family planning counselling.

Elbow River Healing Lodge

403-955-6600

Seventh floor, 1213 Fourth St. S.W.

(Sheldon M. Chumir Health Centre)

- Triage, assessment, health examinations, service coordination and limited medical procedures.
- Treatment and assessment of chronic illness, ongoing care of injuries and disabilities and curative care for acute episodic minor or complex illness or injury.

LISTINGS

- Coaching for self-care and prevention activities.
- Specialized services for general internal medicine, nephrology, neurology, paediatrics, nutrition, rheumatology and child oral health.
- Traditional wellness services, cultural and spiritual supports.

Health Link Alberta

811

- 24-hour nurse telephone advice and health information.
- Locations of walk-in clinics or Community Health Centres.

Mental Health Help Line

1-877-303-2642

- Anonymous and confidential service.
- Crisis intervention if needed.
- Information about mental health programs and services.
- Referrals to other agencies if needed.

Sexual and Reproductive Health Clinic

- Confidential help including birth control, STI testing, pap test, pregnancy testing, morning-after pill and condoms at low cost.
- Drop-in services for male and female youth up to 24 and males older than 24 if their partner is attending or has attended the Clinic.
- Appointments needed for HPV vaccinations (cervical cancer prevention) and IUD insertions (requires two appointments).

East Calgary Health Centre

403-955-1431

Main floor, 4715 Eighth Ave. S.E.

Tuesday and Thursday 1 p.m. – 5:15 p.m.

LISTINGS

Sheldon M. Chumir Health Centre **403-955-6500**
Fifth floor, 1213 Fourth St. S.W.

Monday to Thursday 1 p.m. – 5:15 p.m.
Friday and Saturday noon – 3:30 p.m.

South Calgary Health Centre **403-943-9510**
31 Sunpark Plaza S.E.

Monday 1 p.m. – 5:15 p.m.
Tuesday 4 p.m. – 7:30 p.m.
Friday noon – 3:30 p.m.

Calgary Sexual Assault Response Team **403-955-6030**
ahs.ca/srh

- Medical care, emotional support and reporting options for people who have been sexually assaulted in the past 4 days.

Sexually Transmitted Infections (STI) Clinic **403-955-6700**
Fifth floor, 1213 Fourth St. S.W.
(Sheldon M. Chumir Health Centre)

- Counselling and client education.
- Diagnosis and treatment of sexually transmitted infections, private HIV testing and hepatitis A and B vaccine program.
- Notifying past sexual partners about their risk of infection.
- Referrals to other services.

Monday to Wednesday 9 a.m. – 5 p.m.
Thursday 10:30 a.m. – 5 p.m.
Friday and Saturday 8:30 a.m. – 4 p.m.

STI/HIV info line **(24-hour) 811**

LISTINGS

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Alcoholics Anonymous
calgaryaa.org

(24-hour) 403-777-1212

- Daily meetings at a variety of locations.

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Alex Community Health Centre
102, 2840 Second Ave. S.E.
thealex.ca

403-520-2260

The Alex Youth Health Bus (YHB)

403-689-9196

Brings health care to youth, visiting eight partner high schools on school days, including exams, Monday through Thursday. Doctors, nurses and youth workers offer:

- STI testing and treatment, as well as pregnancy testing and support.
- Birth control education, prescription and supplies.
- Referrals to community resources and services.
- Mental health support and general medical care.
- Someone to talk to who can answer your questions.

Youth Health Centre
104, 2840 Second Ave. S.E.

403-520-6270
(text) 403-680-9627

Monday to Friday, noon – 6 p.m.
Services for youth aged 12 to 24

- Family physicians and medical resources.
- Counselling.
- Basic necessities (i.e. food, hygiene items, condoms).
- Community kitchen.
- On-site high school.

LISTINGS

- Computer access, resume writing and job search support.
- Harm and risk reduction materials.
- Substance use groups.
- Pregnancy testing.
- Parenting support.
- Anonymous STI testing.
- Referrals to community resources.
- Outreach services such as client visits for one-on-one support, court support, accompaniment to other social services, and assistance securing ID documents.

Queermunity: LGBTQ+ youth group for ages 12 to 24.

Monday evenings from 6:30 p.m. – 8 p.m. at the Alex Youth Health Centre.

- Friendship, information, resources, community and connection.

Antyx Community Arts Society

403-444-0500

205, 4202 – 17th Ave. S.E.

antyx.org

- Collaborative community arts projects engaging youth 13 to 18 in making positive change in their communities.
- Activities including drawing, music, painting (murals), animation, photography, plays and video projects.

LISTINGS

13

**Aspen Family and Community
Network Society**

403-219-3477

200, 2609 – 15th St. N.E.
aspenfamily.org

- Youth Matters program helping youth 13 to 21 make informed decisions on issues such as employment, family and peer relationships, and school through group and one to one support.
- *Headspace* bus equipped with art supplies, books, educational materials, games, laptops, music, and sports equipment.

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**AVENTA
Addiction Treatment for Women**

403-245-9050

610 – 25th Ave. S.W.
aventa.org

- Education and support for women with alcohol, drug and gambling addictions.
- Provides concurrent capable, trauma informed, gender specific addiction treatment programs to meet the unique needs of women.
- Offers a short-term 6 week residential program for women 18 and older, or a 3 month young adult treatment program for women ages 18 – 24 (requires an AHS referral).
- Family, parenting and continuing care support groups.

Between Friends Club
205, 8989 Macleod Tr. S.
betweenfriends.ab.ca

403-269-9133

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- Recreational, social and self-development opportunities for children, youth and adults with disabilities.
- Evening and weekend recreation programs throughout the year.
- Between Friends Camp Bonaventure summer day camp for children and youth 4 to 17 with or without disabilities.
- Between Friends Camp Fun'zAmust sleep away summer camp for youth 7 to 17 with or without disabilities. Adult camp 18 – 40 is also available.
- Day trips and vacation trips for adults 18+.
- Inclusive camp and community program opportunities through I.C.A.N! partners.

**Big Brothers Big Sisters
of Calgary and Area**
5945 Centre St. S.W.
bbbscalgary.com

403-777-3535

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- Free mentoring opportunities for children and youth.
- Teen Mentoring: developing leadership and communication skills for ages 14 – 17 years through weekly mentoring of younger students from nearby elementary schools.
- mPower Youth Mentoring: adults mentor high school students to identify strengths, and achieve their goals.
- Youth in Care: mentor youth who have recently been involved with Child Intervention Services or are transitioning into adulthood and independence.
- Services offered in Calgary, Airdrie, Cochrane, High River, Okotoks and surrounding areas.

LISTINGS

17

Bow Valley College

345 Sixth Ave. S.E.

bowvalleycollege.ca

403-410-1400

1-866-428-2669

- One-year certificates or two-year diplomas or continuing education classes in the areas of administration, business, health care, human services, creative technologies and justice.
- Part-time, full-time, classroom or online studies.
- Counselling and health services.
- A wide variety of ESL and upgrading programs.
- Placement testing available for many programs.

Youth ESL Programs

- Bridge is a life skills and literacy program for immigrant youth 18 to 24 with interrupted education and who are no longer able to study in a high school setting.
- Youth In Transition (LINC) is available to immigrant youth 18 to 24 who have completed at least 10 years of formal education.

18

Boys and Girls Clubs of Calgary

731 – 13th Ave. N.E.

boysandgirlsclubsofcalgary.ca

403-276-9981

Aura

(call or text) **403-828-4673 (HOPE)**

- Specialized homes for lesbian, gay, bisexual, transgender, queer, questioning, two-spirit, and other sexual and gender minority (LGBTQ2S+) youth between the ages of 14 and 24.
- Connection to community resources.

LISTINGS

Avenue 15

403-543-9651

938 – 15th Ave. S.W.

- Shelter for homeless and runaway youth 12 to 17.
- *Link*: provides 24/7 shelter and support in reconnecting with family and/or community long-term supports through family mediation, school, work, recreation, healthy living and life skill development. Link is accessed through the front entrance of 15th Avenue.
- *Launch*: provides shelter and support as youth work toward independent living through school, employment support, money management, recreation, healthy living and life skill development. Launch is accessed by appointment.

Building Youth Connections

403-970-5187

Located in Genesis Centre, 755 Falconridge Blvd. N.E.

- Creative, recreational and social opportunities for immigrant and refugee youth 12 to 24.
- Education support and tutoring.
- Recreational programs including soccer and cricket.
- Pre-employment and employment workshops, programs and drop-in support.
- Youth leadership group and volunteering program.
- One-on-one settlement coaching in the community and referrals to other resources. Daily programming Monday to Friday, after school and evenings. Mobile settlement coaching available with flexible hours and locations. All programs are offered at no cost.

LISTINGS

Camp Adventure

403-276-9981

- Residential summer camp (Kananaskis Country) providing camping and outdoor experiences for children and youth 6 to 17.
- A variety of indoor and outdoor recreational and social activities.

Community Clubs

- Community after school and holiday programs with arts, sports and recreational activities.

Bowness Club

403-571-0517

36, 7930 Bowness Rd. N.W.

Falconridge Club

403-543-9672

95 Falshire Dr. N.E.

Forest Lawn Club

403-543-9669

1717 – 41st St. S.E.

Penbrooke Meadows Club

403-543- 9675

6098 Penbrooke Dr. S.E.

Pineridge Club

403-543-9678

6012 Rundlehorn Dr. N.E.

Thornccliffe Club

403-543-9681

6625 Fourth St. N.E.

Indigenous Initiatives – Iiyika' Kimaat Program 403-235-5722

- Indigenous Youth Leadership Council night.
- Young Women and Guys night.
- Neechi night programming.
- Youth mentorship and support.
- Program based on Circle of Courage program.
- Educational support.

LISTINGS

Eleanor's House

403-276-9981

- Voluntary safe and supportive housing for youth 13 to 17 at risk of, or involved in sexual exploitation.
- Providing a safe environment and the necessary supports to help youth stabilize and prepare for healthy adult living.
- Support to end involvement in sexual exploitation, advocacy and assistance in accessing resources.
- Gain skills to independent living.
- Build positive relationships.

Grimmon House

403-276-9981

- Voluntary residential recovery program for female youth 13 to 17 who are at risk or involved in sexual exploitation.
- Opportunity to work with a treatment team to address issues surrounding sexual exploitation and addiction.
- On-site schooling through Chinook's Edge School Division.
- Education and support that help with healing, recovery and getting back to living in the community.

Haven's Way

(call or text) 403-828-4673 (HOPE)

- Residence for females 14 to 24 who are homeless or at risk of homelessness while developing their education and employment skills.
- House parents encouraging, modelling and teaching healthy choices and lifestyles.

HOPE

(call or text) 403-828-4673 (HOPE)

- Connection of youth under 24 to resources for basic needs, community connection, education, employment and family support.

LISTINGS

Safe House (Youth Shelter)

403-269-1997

102 – 14th Ave. S.E.

- 24-hour short and medium-term shelter for youth 15 to 17 with Child Welfare status.
- Food, clothing and support in reconnecting with family, placements, school, work etc. and/or gaining the resources and skills for independence.

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Bullying Helpline

(24-hour) 1- 888-456-2323

humanservices.alberta.ca/abuse-bullying

- Advice, information and support telephone helpline.
- Website with information and strategies on bullying as well as a chat feature.

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Burns Memorial Fund

403-234-9396

1120, 105 – 12th Ave. S.E.

burnsfund.com

- Diploma preparation funding and post-secondary scholarships for high school students in financial need.
- High school bursaries providing living allowances for graduating grade 12 students who would otherwise be forced by financial situations to leave school.
- Oral health assistance to youth under 21 with limited resources for treatment not covered by other benefit or insurance plans.

Calgary AfterSchool **calgary.ca/afterschool**

311

21

- After school activities and programs for children and youth in grades 4 – 12.
- Activities including arts, crafts, drama, music, sports and recreation.
- Program locations throughout the city.

Calgary Alternative Support Services **2335 – 30th Ave. N.E.** **c-a-s-s.org**

403-283-0611

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- Programming for individuals 18 years and older with developmental disabilities, mental health issues, addiction or a combination of diagnoses.
- Support through housing, employment, life skills development, community involvement as well as opportunities to develop social networks and engage in valued roles in communities for individuals 18 years and older.
- Program for youth transitioning to adulthood, 16 years and older, who have, or are suspected of having Fetal Alcohol Spectrum Disorder. Support/advocacy with systems navigation/access and community connections as well as case management. Focus includes: assessment, finance housing, justice, employment, education, parenting, relationships and health.

Calgary Board of Education
cbe.ab.ca

403-817-4000

Chinook Learning Services
chinooklearningservices.com

403-777-7200

- High school credit upgrading courses.
- Classroom (full-time or part-time) or self-directed study.

Discovering Choices/Outreach High School

- Structured environment for youth 16 to 19 in developing academic and social skills when mainstream high school is no longer a choice.
- Community and educational resources to youth needing alternative academic options.
- High school credits earned through self-directed learning (Alberta Distance Learning Courses) and/or work experience.

Discovering Choices I
315 – 10th Ave. S.E.

403-268-3265

Discovering Choices II
1116, 3800 Memorial Dr. N.E. (Marlborough Mall)

403-777-8384

Westbrook Outreach
3, 1002 – 37th St. S.W.

403-777-8020

Start Outreach at Bowness
4110 – 79th St. N.W.

403-777-6107

Encore CBE Return to School
Main floor, 1221 Eighth St. S.W.
encorecbe.ca

403-817-7820

- Assistance to youth who want to reconnect with school and learning.
- Help with developing a plan to explore interests, passions and possibilities for completing school.

LISTINGS

Appointments available daily.

Drop-in: Tuesday to Thursday, 1 p.m. – 4 p.m. during school year.

Louise Dean Centre (health and school program) 403-777-7630
120 – 23rd St. N.W. (community support) 403-777-7635
cbe.ab.ca/b418

- Full academic program for pregnant and parenting students (grades 9 to 12).
- Child care, child development, health, life skills, parenting and pre and post-natal classes.
- Public health nurse for health services to registered students and their children.

Young Adult LINC Program 403-268-3824
315 – 10th Ave. S.E.

- Basic and intermediate ESL classes for immigrant youth 18 to 24.

Calgary Catholic Immigration Society 403-262-2006
1111 – 11th Ave. S.W.
ccisab.ca

24

Immigrant Youth Outreach Project 403-268-8131
Main floor, 315 – 10th Ave. S.E.

- Education, employment and life skills support to immigrant and refugee youth 15 to 24.
- Drop-in homework assistance, summer math program, Saturday self-study tutoring, art and music projects.
- Employment support including career planning, interview preparation, job search support, and resume writing.

LISTINGS

Building Connections

403-262-2006

Fifth floor, 1111 – 11th Ave. S.W.

- For youth between the ages of 15 and 30. Provides the necessary life skills, employability skills, and support to adapt to Canadian society, overcome barriers to employment and succeed on the job.
- Three different components are offered. Participants may take one or two of the following:
 - Group based employability skills.
 - Employability skills through work experience.
 - Work experience.
- Participants will have access to personalized support, a living allowance for workshop attendees, child care cost reimbursement and transit passes for workshop purposes.

Centre for Refugee Resilience

403-262-2006

Third floor, 1111 – 11th Ave. S.W.

Offers immigrants, refugees and their families accessible, culturally appropriate services that address trauma through strengths-based, holistic practices, building on inherent resilience.

- Individual therapy for children and youth, with outreach available.
- Individual therapy for adults on-site.
- Parent support.

Calgary Catholic School District
cssd.ab.ca

403-500-2000

Kara Life Program
St. Anne Academic Centre

403-500-2012 (ext 252)

- Supports, educates and guides pregnant and parenting students.
- Encourages independence and self-sufficiency so students can continue their high school education.
- Teachers, counsellors, social workers and health care professionals help students with their academic success and social and emotional wellness.
- Students learn about healthy early-childhood development and gain skills in positive parenting.
- Helps students make educated, moral decisions for their and their child's future.
- Provides access to family support, medical care, career development and financial assistance.

Calgary Chinese Community
Service Association
1406 Centre St. N.E.
cccsa.ca

403-265-8446

Provides linguistically and culturally sensitive services to the immigrant community in Calgary.

- Super Cool After School focuses on socio-emotional learning through fun activities and games; school days from 3 p.m. to 6 p.m.
- Youth in Action leadership training.
- Career Scene Investigation (CSI); exploring various professions, resume writing, job interviewing skills.

LISTINGS

- Social Knot, an activity based group inviting newcomers and immigrant youth.
- Life Skills Training, adapted from Botvin Lifeskills Training, engaging in hands-on activities to better equip youth to effectively make healthy life choices.
- Spring and Summer Camps are held annually during spring break and summer break for 6 – 12 year olds.

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Calgary (Support and Information) 403-237-5888
Communities Against (toll free) 1-877-237-5888
Sexual Abuse (CCASA) (business line) 403-237-6905
910 Seventh Ave. S.W. (Northland Building)
calgarycasa.com
ccasayourworld.com

- Support to anyone who is dealing with or has been affected by the various forms of sexual violence including sexual abuse, assault and harassment. For survivors and their friends and loved ones.
- Support and Information line is a confidential service available for anyone dealing with, or who has been affected by any form of sexual violence. This service is extended to friends, family and support people.
- Counselling, crisis intervention, emotional support, problem solving and referrals.
- 24-hour emergency accompaniment to hospital or police facility from the Sexual Assault Response Team (SART). Specialized care to individuals who have been sexually assaulted within the past 96 hours.
- Police and Court Education and Support (PACES) program.
- Sexual Violence Education and Outreach initiatives.

Calgary Counselling Centre

1000, 105 – 12th Ave. S.E
calgarycounselling.com

403-265-4980

(Call Centre) 403-691-5991

- Youth counselling for concerns including abuse, bullying, depression, eating disorders, family conflict, relationships and separation/divorce.

Calgary Drop-In & Rehab Centre

1 Dermot Baldwin Way S.E.
thedi.ca

403-266-3600

Employment Services Staffing

403-263-6217

- Day labour employment opportunities.
- Full time placement opportunities.
- Guaranteed fair wages.
- Bag lunches and work gear if required.
- Initial transportation assistance and directions to worksites.

Employment Services Training

403-699-8283

- Three-week employment preparation program for low income and homeless individuals.
- Industry certifications including Forklift Operator, Standard First Aid/CPR, Construction Safety, WHMIS and more.
- Computer training.
- Employment strategies including career planning, continuing education seminar, interview preparation and resume building.
- Life skills including constructive thinking, money management, self esteem and stress management.

WoodWorks

thedi.ca/woodworks

- Employment support program for ages 16 to 30.
- Wood shop producing quality custom woodwork.
- Three week unpaid Employment Services Training component followed by a twelve week paid WoodWorks Skills Development component.

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Calgary Immigrant Educational Society

403-235-3666

1723 – 40th St. S.E.

immigrant-education.ca

- Employment services for youth 15 to 30.
- Assistance with applications, interview skills, job search and resume writing.
- Internet access for academic projects and online job searches.

Empowering Youth Through Employment (EYE) 403-291-0002

3820 – 32nd St. N.E.

- Provides classroom instruction on how to find employment, evolve with their job, and adapt to workplace change.
- Job placement (30 hours per week for 12 weeks) to help students develop employability and occupational skills in non-profit organizations, ethno-cultural organizations, private businesses and educational institutes.

Calgary Immigrant Women's Association (CIWA)**403-263-4414****200, 138 Fourth Ave. S.E. (First Street Plaza)
ciwa-online.com**

- Girls Culture Club addressing issues faced in balancing own culture with expectations of Canadian society.
- Youth Standing Committee providing organizational and leadership skills in coordinating community projects.
- Youth Cultural Summer Camp offering indoor and outdoor activities focusing on emotional and physical health and self-esteem.
- One-on-one counselling for immigrant girls in high school and junior high school.
- Civic engagement education and volunteering opportunities.
- Mentoring support and volunteer opportunities to be a mentor.
- Links to Success Program providing pre-employment training and Canadian work experience to young immigrant mothers between 15 – 30 years of age who have a Canadian Language Benchmark (CLB) 5 or higher.
- Career Focus Program providing career-related support and 18 week paid work experience to immigrant youth between 15 and 30 years of age. Must have at least one year of work experience in their career area, from their own countries and preferably have CLB 7 or higher.

Calgary John Howard Society**403-266-4566**

917 Ninth Ave. S.E.

cjhs.ca

Youth Advocacy Team**403-266-4566**

Assists youth to assess needs and work towards positive change by:

- Creating alternatives to crime.
- Counselling and one to one support.
- Family support and mediation.
- Individual and systems advocacy.
- Community collaboration and outreach.

Youth Advocacy and Support Program (YAS)**403-543-7826**

- Advocacy and support for youth 12 – 18 including accessing services and resources for basic needs, housing, employment, education, financial support, child welfare assistance, criminal justice system assistance, legal rights and services, education and recreation.
- One to one support, family support and mediation, building healthy peer relationships, substance issues and school success.

Aboriginal Youth Outreach Program**403-462-9149**

- Advocacy and support for Aboriginal youth 12 – 24 to prevent involvement in crime; to promote a positive lifestyle, and to re-unite youth with their Aboriginal culture and families.
- One to one support, family mediation, crisis resolution, counselling, goal setting, assistance with securing affordable and safe housing, advocating on behalf of the youth for funding with bands, assistance finding and maintaining employment, and/or further education.

LISTINGS

Immigrant Youth Advocate 403-462-3972

- Support and advocacy for immigrant youth 12 to 24 including accessing community services and resources, Canadian cultural awareness resources and participation in community recreation, social and cultural activities.
- One to one support in the development and implementation of goal setting, and building positive relationships with school staff, family members and peers.

Restorative Solutions for Conflict 403-860-9751

- For youth who are at risk or involved in the criminal justice system and are experiencing conflict with their housing situation, family, employer or school.
- Utilizes a voluntary, cooperative problem solving process through one-on-one sessions and restorative mediation.

Youth Crime Prevention Program (YCCP) 403-462-3972

- For youth 12 – 24 who are struggling to connect with or stay connected to school due to being at-risk and/or involved within the criminal justice system.
- YCCP advocate provides one-on-one mentorship and support, connection to resources and navigation through the criminal justice system to increase youth's engagement within their school and community.

Raido House 403-265-4566

- Transitional housing residence for homeless youth 14 to 17.
- Assistance with employment, life skills, recreation, schooling and volunteer activities.

Windsor Park 403-668-5230

- Supported independent living program for youth 18 to 24.
- Assistance with employment, life skills, recreation, schooling and volunteer activities.

LISTINGS

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Calgary Legal Guidance

403-234-9266

100, 840 Seventh Ave. S.W.

clg.ab.ca

- Legal advice and information to low-income individuals.
- Assistance with identification documents.

Dial-A-Law/Lawyer Referral

403-234-9022

- Recorded legal information on many topics.

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Calgary Police Service

403-266-1234

5111 – 47th St. N.E.

calgarypolice.ca

School Resource Officers

403-428-8399

- School Resource Officers (SROs) in elementary, junior and senior high schools providing assistance, guidance and support with issues including bullying, crime, drugs, gangs and peer pressure.
- Law related education, enforcement and intervention.

Calgary Police Cadet Corps.

403-801-0861

- Ages 12 to 18 years.

Calgary Police Junior Police Academy

- Ages 12 to 16 years.

Calgary Police Auxiliary Cadet Program

- Age 18 and over.

ReDirect

403-428-8200

- Prevention and education program aimed at youth and young adults vulnerable to becoming radicalized, before they develop extremist ideologies or intentions.

LISTINGS

Youth at Risk Development (YARD) 403-428-8409

- Community based early intervention initiative that supports youth (10 – 17 years) who are at risk of gang involvement.

Multi Agency School Support Team (MASST) 403-428-5808

- Teams of a police officer and a social worker working closely with the city of Calgary school boards to decrease the likelihood of children under the age of 12 years becoming involved in a criminal lifestyle or pattern of victimization.
- Referrals through the Calgary Board of Education and Calgary Catholic School District.

YouthLink 403-428-4566

Calgary Police Interpretive Centre
youthlinkcalgary.com

- Education for youth about crime and its consequences.
- Education on issues such as bullying, online safety, drugs, gangs, and healthy relationships.

Calgary Pregnancy Care Centre 403-269-3110

205, 925 Seventh Ave. S.W.

704, 2631 – 38 St N.E.

pregcare.com

- Provides free, confidential counselling to men and women.
- Pregnancy tests.
- Pregnancy options counselling - parenting, adoption, abortion.
- Ongoing support through peer counselling and programming, including prenatal and parenting classes.
- Support groups and counselling for birth mothers and those experiencing post-abortion grief.
- Maternity and baby clothes.
- Referrals to community resources (abortion referrals not offered).

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Calgary Public Library
calgarylibrary.ca

403-260-2600

Check website for library locations and hours.

- Free library cards.
- Books, CDs, magazines, DVDs, GRAPHIX novels.
- Internet access and free wifi.
- Homework help through electronic databases; free in person and online tutoring.
- ESL materials in numerous languages.
- Resume and job search programs.
- Gaming clubs and recreational programs.
- Coding programs.

Youth volunteer opportunities for junior or senior high school students:

- Computer Buddies to help children to explore computer technology.
- Reading Buddies to help young students experience the magic of reading.
- Numeracy programs to help elementary students learn to love math.

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Calgary Sexual Health Centre
700, 1509 Centre St. S.W.
calgarysexualhealth.ca

403-283-5580

Free and confidential services for the following health issues:

- Pregnancy testing.
- Pregnancy options counselling by appointment (parenting, abortion and adoption).
- Birth control information and referrals.

LISTINGS

- Sexually transmitted infections (STIs) information, support and referrals.
- Rapid HIV/STI testing for gay, bi, and men who have sex with men (MSM). Appointment available Thursdays, 5 p.m. – 7 p.m.
- Post-abortion counselling.
- Gender identity and sexual orientation information, support and referrals.
- Free condoms, lube and dental dams.

Drop-in hours: Monday to Thursday 9 a.m. – 5 p.m.
Friday 9 a.m. – 4 p.m.

Calgary Transit
General Inquiries
calgarytransit.com

403-262-1000

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Lost Property
Access Calgary
Customer Service Centre
Centre Street Platform
125 Seventh Ave. S.E.

403-262-1600
403-537-7777

Monday to Friday 10 a.m. – 5:30 pm.

Bow Parkade
234 Seventh Ave. S.W.

Monday to Friday 10 a.m. – 5:30 p.m.

- Information, sale of tickets and passes for seniors, adults and youth, including low income passes based on eligibility.

LISTINGS

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Calgary Youth Justice Society

403-261-9861

900, 620 Seventh Ave. S.W.

calgaryyouthjustice.ca

- Appropriate and meaningful consequences and solutions for youth (12 – 18 years) involved in criminal activity who have accepted responsibility for their actions; typically for first or second time offenders.
- 15 Youth Justice Committees serving 200 Calgary communities as an alternative to court.

40

Canadian Mental Health Association

403-297-1700

105, 1040 Seventh Ave. S.W.

cmha.calgary.ab.ca

- Services including resources to maintain and improve mental health, community integration, resiliency, support for recovery of mental illness and addiction.
- Client-centric model delivery programs in the areas of housing, outreach, peer support and education.
- Youth and adult education services in mental health awareness, stigma, stress management and suicide prevention.

Suicide Bereavement

403-297-1744

- Support for individuals who have experienced a loss by suicide through one-on-one counselling and indirect service.
- Host of the annual Survivors of Suicide Loss Day.

Recovery College

- Free courses for individuals 16 years and older.
- Educational based approach to help people recognize and develop their own resourcefulness and awareness in order to develop self-care, make informed choices and do things that they want to do in life.

Canadian Red Cross Society

1-877-356-3226

41

1305 – 11th Ave. S.W.

redcross.ca

- *Babysitting Program*: offers basic first aid and caregiving skills for youth 11 to 15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. This course also offers youth the skills to promote themselves as babysitters to prospective families.
- *StaySafe! Program*: offers basic first aid and safety skills for youth 9 to 13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian or trusted adults, both at home and in their communities.

carya

403-269-9888

42

200, 1000 Eighth Ave. S.W.

caryacalgary.ca

- Services and support for families (including single parents) actively parenting children ages 0 to 24 years.
- Financial coaching services for youth, individuals and families of all ages.
- One-on-one family counselling and group support for issues such as mental health, depression and anxiety, grief and loss, trauma, isolation and relationship challenges.
- Support for youth dealing with negative effects of reported and unreported crime.
- Groups to help youth make social connections, learn to deal with difficult situations, develop coping strategies, increase self-esteem and have fun.
- All services are free or offered on sliding scale basis.

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Catholic Family Service

250, 707 – 10th Ave. S.W.

cfs-ab.org

403-233-2360

Louise Dean Centre

403-205-5897

- Counselling, financial and social support for pregnant and parenting teenagers while they are finishing high school at Louise Dean school, including on-site childcare and parenting education.
- Parenting education, childminding and social support for youth attending programs at the Calgary Achievement Centre for Youth (CACY).
- Programming for young dads.

Affordable Counselling Program

403-205-5897

- Affordable, barrier free high impact counselling for anyone, from a variety of research and trauma informed approaches.
- In office, single session and outreach counselling available.
- Marriage preparation program.

Community Programs

403-233-2368

- Youth mentorship programs (Crew) including young parents (Motherhood Matters).
- Immigrant family support in schools (Multicultural School Support Program).
- Supported high school completion for young Indigenous learners (CACY) and adults (Never Too Late).
- Enhancing parent-child relationships (Functional Family Therapy) at home and at school (Families & School Together).

Centre for Newcomers
1010, 999 – 36th St. N.E.
centrefornewcomers.ca

403-569-3325

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EthniCity Catering Program

- Ten week part-time paid work experience program for immigrants or refugees who have very little or no work experience.
- Classroom training in essential and life skills.
- Hands-on training as a Kitchen Helper in a commercial kitchen.
- English conversation and communication.

Real Me Program

- Aimed at gang reduction and prevention for 1st and 2nd generation immigrants/newcomers between the ages of 12 and 24.
- Provides an individualized plan, psycho-social support, academic support, life skills and employability skills training, family support and pro-social activities.

Champions Career Centre
650, 839 Fifth Ave. S.W.
championscareercentre.org

403-265-5374

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- Employment preparation, job search, and employment maintenance assistance to individuals, 18 years and older, who have a disability or chronic health condition such as vision loss, hearing loss, physical disabilities, mental illness, addictions, and more.
- Services include employment readiness workshops such as job search techniques, job interview skills, workplace excellence skills, and disability disclosure.
- Access to the Accessible Employment Resource Centre and Computer Lab, and online job board.

46 **Children's Cottage Society of Calgary** **childrenscottage.ab.ca**

403-233-2273
(24-hour help line)

Brenda's House (24-hour help line) **403-242-8575**

- Emergency family shelter and re-housing support for parents over 18 with children.

Crisis Nursery **403-233-2273**

- 24-hour childcare for children, newborn to age 8, in times of family crisis or emergency situations.
- Maximum three day stay.
- Follow-up in-home family coaching assistance available.

In Home Infant Respite Care **403-233-2273**

- In home childcare for children, newborn to 6 months, once a week, for low income parents with no alternative childcare support.

Volunteer Day Care **403-233-2273**

- Day respite for children under 5 in community child care centres, where available, for families in crisis or emergency situations.

47 **Children's Legal and Educational Resource Centre (CLERC)**

403-207-9029

205, 1217 Centre St. N.W.
youthlaw.ca

Provides free legal information, advice, representation and referrals to young people 19 and under in civil law matters related to:

- Family issues (including custody and access, pregnancy, parenting, guardianship, visitation, child support, adoption, independent living, forced marriage and divorce).
- Immigration and cross-cultural issues.
- Employment, school and landlord/tenant questions.
- Estates and inheritances, personal property and privacy.

LISTINGS

Christian Adoption Services

201, Building B, 9705 Horton Rd. S.W.
christianadoption.ab.ca

403-256-3224

1-877-256-3224

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- Counselling for unplanned pregnancy and adoption plan support in choosing a suitable adoptive family.

CNIB Alberta

15 Colonel Baker Pl. N.E.
cnib.ca

403-266-8831

1-800-376-2642

49

- Counselling, referrals and support to assist youth living with vision loss.

Cornerstone of Hope

cornerstoneofhope.ca

403-289-8555

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- Heartzone support group for children 4 – 9 years old and youth 10 – 18 years old who are dealing with death, divorce, separation or abandonment.

CUPS

1001 – 10th Ave. S.W.
cupscalgary.com

403-221-8780

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Supports

403-717-0922

- Basic needs referrals.
- One-time assistance in rental and utility arrears (depending upon need and situation).
- One-time assistance with obtaining various forms of identification.

One World Child Development Centre

403-221-8799

- Early intervention pre-school and kindergarten for 3 – 6 year olds.
- Priority given to families already involved in CUPS programs and services.

Family Development Coaching 403-221-8799

- Parent education programs.
- Coaching to support positive change and improve parent-child relationships.
- Adult counselling.

Primary Care Clinic 403-221-8797

- Walk-in clinic and appointments with doctors and nurses.
- Dental, eye and foot care.
- Hepatitis C clinic.
- Diabetes management.
- Mental health care.

Women's Health Clinic 403- 221-8790

- Walk-in clinic and appointments with doctors and nurses.
- Pre-natal and post-natal care.
- Pediatric care.
- Mental health care.

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Distress Centre 403-266-4357 (HELP) 300, 1010 Eighth Ave. S.W. (administration) 403-266-1601 distresscentre.com

211 (24-hour)

- Connection to a full range of community, government, and human services information in over 200 languages.
- Online chat available from noon – 8 p.m. daily (www.ab.211.ca)

Crisis line (24-hour) 403-266-4357 (HELP) distresscentre.com

- Free confidential telephone crisis support.
- Online chat and email available from 3 p.m. – 10 p.m. on weekdays and noon – 10 p.m. on weekends.

LISTINGS

ConnecTeen Line (24-hour)
calgaryconnecteen.com

403-264-8336 (TEEN)
(text) 587-333-2724

- Peer support and online chat and text from 3 p.m. – 10 p.m. on weekdays and noon – 10 p.m. on weekends.
- Email **connecteen@distresscentre.com** for non-urgent issues.

Counselling

403-266-4357 (HELP)

- Free and confidential 9 a.m. – 5 p.m. weekdays.
- Some evenings available by appointment.

Suicide Prevention Line (24-hour)

1-800-784-2433 (SUICIDE)

- Crisis line for those thinking about suicide (403 area code only) or concerned about others who may be considering suicide.

Elizabeth Fry Society of Calgary

403-294-0737

1731 – 10th Ave. S.W.

(Youth court worker) 403-297-4548
elizabethfrycalgary.ca

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Youth Court

- Support to youth on first and subsequent hearings with legal information on plea options, legal resources and referrals.
- Assistance with forms.

Legal Advocacy and Mentorship Program

- Individual case management supports for youth.
- Supports to vulnerable youth including a focus on Aboriginal and Immigrant youth.

LISTINGS

54

Elizabeth House

403-228-9724

elizabethhousecalgary.ca

- Non-denominational residential program for pregnant or parenting youth and their babies with little or no supports and needing a safe place to live.
- Youth must be attending a day program such as school, employment, life skills, volunteer involvement or a combination, or be open to making these plans.
- Life skills program and community referrals as required.
- Room and board fees apply, however this is not a barrier to acceptance into the program.

55

Fairy Tales Presentation Society

403-244-1956

319, 223 – 12th Ave. S.W.

fairytalesfilmfest.com

- Youth Queer Media program mentoring youth 16 to 24 in the creation of a short film which is premiered at the annual Fairy Tales Queer Film Festival.

56

Family Violence Info Line (24-hours)

403-310-1818

humanservices.alberta.ca/abuse

- Trained information specialists discuss family abuse.

57

Families Matter

403-205-5178

158, 1440 – 52nd St. N.E.

familiesmatter.ca

- Parenting classes, support and education for families experiencing postpartum depression; resource centre for children 0 – 5 years, infant drop-in groups.

LISTINGS

- Be A Great Dad education/support group, and Successful Young Parents program offering groups and individualized support to parents 23 years and under.

Highbanks Independent Living for Parenting Youth Society

403-521-0082

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317 – 19th St. N.W.

highbanksociety.ca

- Housing and support services for single mothers 16 to 24.
- Safe, affordable residences for up to two plus years.
- Access to education and community resources.
- Parenting support and encouragement.

HIV Community Link

403-508-2500

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110, 1603 – 10th Ave. S.W.

hivcl.org

HIV Support Services

- *Drop-in centre:* Safe space to use the computer, internet, or phone, play cards and board games etc.
- *Counselling:* Provides people living with HIV or AIDS practical support to live a better quality life.
- *Referrals and Advocacy:* Connections to services such as addiction treatment, clothing, food, shelters, housing, employment and more.
- *Outreach:* Education and prevention services are provided in the community as needed.
- *Peer Support:* Offers training in HIV peer support, navigation and group facilitation, offering client-centred, harm reduction, trauma informed training modules to educate and empower persons living with HIV who are interested in peer support work.

LISTINGS

HEAT Program (Gay, Bi, MSM)

403-508-2500 (ext. 129)

heat@hivcl.org

- Non-judgmental information, education, and support to all Gay, Bi and MSM.
- Training and workshops for community members and partner organizations.
- In-person outreach at community events, venues and testing clinics.
- Online outreach and education through social networking and dating sites.
- Free safer sex supplies and education materials.
- Advocacy, collaboration and community based research projects.
- Peer based groups to reduce HIV risk and increase healthy behaviours.

Drumbeat – African

Communities Program

403-508-2500 (ext. 109)

drumbeat@hivcl.org

- Helping tackle stigma and remove barriers to accessing resources, addressing HIV in the African, Caribbean and Black (ACB) communities.
- Education for clients and staff in programs and organizations serving ACB communities.
- Outreach at ACB community gathering places such as immigrant serving organizations, churches, businesses, cultural associations and events.
- Special events, meeting and groups focusing on the needs of women.

LISTINGS

Shift Program

403-237-8171

shiftcalgary.org

- Support for people 18+ of all genders currently or previously involved in sex work.
- Supportive counselling and case management.
- *Advocacy*: Income supports, Child and Family services etc.
- Escort, massage, entertainment licensing information and support.
- Free safer sex supplies and sexual health information.
- Drop-in lounge with computer access, food, laundry facilities.
- Referrals for low-cost contraception and HIV and STI testing.
- *Working safely*: "Bad Date" reporting, safer working strategies (date screening, condom negotiation).
- Referrals: mental health, substance use treatment, housing, financial, employment, basic needs, legal.

Strong Voices Aboriginal Program

403-508-2500 (ext. 115)

strongvoices@hivcl.org

- Cultural counselling.
- Access to Elders, sweat lodge ceremony and other traditional practices.
- Case management.
- Crisis support.
- Referrals to health, basic needs, employment and other resources.
- Free harm reduction supplies.

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Hull Services

403-251-8000

2266 Woodpark Ave. S.W.
hullservices.ca

Bridging the Gap

403-216-0660

800, 1520 Fourth St. S.W.

- Flexible one-to-one support for youth 16 to 24 who have mental health concerns (no diagnosis required) and have difficulty in accessing the services they need.
- Advocacy, information, emotional and practical support and referrals to other community services.

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Immigrant Services Calgary

403-265-1120

1200, 910 Seventh Ave. S.W.
immigrantservicescalgary.ca

- Settlement Counsellor assistance with information on various issues such as finding a place to live, applying for benefits, registering for daycare or school, finding a job, opening a bank account, obtaining a driver's licence, finding a family doctor, etc.
- Citizenship classes.
- Language and vocational assessment including information on and referral to ESL and LINC classes.

Youth Inclusive Program

- Opportunity for immigrant youth 12 to 20 to get involved in the community through volunteering.
- Integration and settlement program for youth.
- Training and workshop sessions in communication, employment and leadership skills.
- Recreational, social, and team building activities.

Kids Cancer Care Foundation of Alberta**403-216-9210****302, 609 – 14th St. N.W.****kidscancercare.ab.ca**

Programs for families, kids and siblings affected by childhood cancer:

- SunRise day camp (ages 3 to 7).
- SunMaker five day overnight camp (ages 7 to 15).
- SunSeeker adventure-based outdoor leadership program (ages 15 to 17).
- SunChaser leadership program (ages 15 to 17).
- Leadership Development Program (Counsellor in Training) program for youth ages 16 to 17 to become camp counsellors and leaders.
- Teen Leadership Program offering teens a chance to be involved in local Kids Cancer and community events before engaging in a service trip to a community in need, involving building homes for low-income families.
- Teen (ages 13 to 17) and Tween (ages 10 to 12) weekend retreats.
- Year round recreation programs for ages 3 to 12 years.
- Year round PEER exercise programs for ages 2 to 18.
- Weekly one-to-one tutoring for kindergarten to grade 12.
- One time scholarship awards for childhood cancer survivors entering post-secondary education.

Programs for children who have a parent with cancer:

- SunHaven five-day overnight camp program for children and youth 7 to 15.
- SunMaker five day overnight camp (ages 7 to 15).
- SunSeeker adventure-based outdoor leadership program (ages 15 to 17).
- SunChaser leadership program camp (ages 15 to 17).

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Kids Help Phone

1-800-668-6868

kidshelpphone.ca

- Free anonymous, confidential telephone and live chat counselling and online resources for young people ages 5 to 20.

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KidSport Calgary

403-202-0251

kidsport.ca/calgary

- Funding of sport registration fees for children and youth up to 18 for qualified low-income families.

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Legal Aid Alberta

(toll free) 1-866-845-3425

legalaid.ab.ca

To speak to a Legal Services Officer regarding services provided by Legal Aid Alberta, call the toll free line.

Family Law Office

400, 665 Eighth St. S.W.

- Specializing in assisting clients who have a family law legal problem and who have been referred through the Legal Services Centre.

Youth Criminal Defence Office

1101, 665 Eighth St. S.W.

- Services are available to young persons facing charges in the Youth Courts and are referred through Legal Aid Alberta's Legal Service Centre.
- Assists young persons who may not have criminal charges, but who have hearings for traffic matters or have appearances before school attendance boards or expulsion hearings.

- All youth (12 to 18 years) are eligible to receive representation by a lawyer when charged with a criminal offence, as mandated under the Youth Criminal Justice Act.

Making Changes Association
6516 – 1a St. S.W.
makingchangesassociation.ca

403-262-5776 (ext. 1)

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My Best Friend's Closet

- For teen girls aged 12 to 18 from low-income households.
- Appointments to receive a broad selection of fashionable and functional clothing for school and recreational needs, at no cost.
- Referrals from service agencies and schools are recommended.

The Walk-In Closet

- For women of all ages facing financial barriers.
- Individual consultations on professional business attire for women who want to transition into the work force, attend school, or engage in volunteer opportunities.
- Gently used professional clothing and accessories at no cost.
- Information on business culture and appropriate dress.
- Referrals from service agencies and schools are recommended.

LISTINGS

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McMan Youth, Family and Community Services Association

403-508-6259

1, 4004 – 19th St. N.W.
mcmancalgary.ca

Hope Homes and Aboriginal Hope Homes

403-508-7758

- Housing options and one-to-one advocacy and support for youth 15 to 24 at risk of, or experiencing homelessness.

Triwood Place

403-209-1429

- Affordable apartment housing for youth 18 to 24 who are experiencing homelessness, are at risk of homelessness and have exhausted all other resources.
- Youth must be attending school or working and have demonstrated an ability to live independently.

Youth Alternative Program

403-209-1407

- Support to high risk youth 12 to 24 who do not have child protection intervention and have exhausted all other resources.
- Assistance with accessing education, employment, financial aid and housing.

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Métis Calgary Family Services

403-240-4642 (Ext. 234)

352 Sunvale Dr. S.E.
mcfs.ca

Aboriginal Student Program

403-240-4642 (Ext.234)

- Stay in School initiative with cultural, educational and recreational activities for urban Aboriginal and Métis youth in grades 8 – 12.
- Educational workshops, mentors, tutoring.
- Elder, youth and family consultation, guidance and traditional teachings.

Momentum**403-272-9323****69****16, 2936 Radcliffe Dr. S.E.****momentum.org****Youth Fair Gains**

- Matched savings program for youth 16 to 24, living on a low-income, to save money.
- Savings are matched at a four-to-one ratio over nine months.
- Saved assets can go toward education, tools for work, or starting a business.

Motive-Action**403-287-3132****70****Training Foundation****1201A – 42nd Ave. S.E.****motiveaction.com**

- Trades training centre providing youth 18 to 30 with the work skills, attitudes and confidence needed to be productive members of the work force.
- Six-month program providing three months of work experience (with employers) and three months of entry level training in the auto body, auto service, heavy duty and welding trades.
- Placement service to assist graduates with securing full-time employment.

Narcotics Anonymous**403-991-3427****71****chinookna.org**

- Daily meetings at various locations.

LISTINGS

72 Native Counselling Services of Alberta

403-237-7850

1010, 910 Seventh Ave. SW.

nca.ca

- Assistance to Aboriginal adults and youth involved with the legal system.
- Court workers for assistance in criminal, family and youth courts to help clients understand their charges and speak on their behalf.

73 Pathways Community Services Association

403-247-5003

102, 6919 – 32nd Ave. S.E.

pathwaysca.org

- RAYS: After hours support team via Social Service Response Team (SSRT).
- Youth Transitions to Adulthood program to support youth in independent living in an individualized accommodation.
- Aboriginal Mentor Home program that offers family-based housing, youth support workers, and cultural advisors through referral from Children's Services.
- Miskanawah Resources: access to cultural advisors, traditional activities, and ceremony to assist youth in building a solid foundation for healthy lifestyles and positive cultural identity.

LISTINGS

Potential Place Society

403-216-9250

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110, 999 Eighth St. S.W.

potentialplace.org

Young Adults of Potential Place

403-216-9443

- Peer to peer engagement between young adults living with mental illness who are transitioning from youth into adult programming.
- Age appropriate daily responsibilities and social recreation activities.
- Opportunities to discover strengths in areas including education, employment, independence, self advocacy and wellness.

Propellus

403-265-5633

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1170, 105 – 12th Ave. S.E.

propellus.org

- Website with hundreds of volunteer opportunities.
- Management custom consulting, training workshops, and peer learning for non-profit organizations.
- Non-profit events, news and resources.

Prospect Human Services

403-273-2822

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915 – 33rd St. N.E.

130, 910 Seventh Ave. N.E.

prospectnow.ca

- Services for individuals who face barriers in locating, securing or maintaining employment.

Career Links

- Provides fast-track employment placement and retention services for people with mental health issues, including those who may have concurrent substance abuse disorders.

LISTINGS

The Worx

- Provides career and employment services to job seekers with disabilities.
- Helps individuals achieve their employment goals through a fully accessible business centre and resources, career coaching and planning support, employment related workshops, Disability Related Employment Support applications, access to training and education, job placement and job retention services.

GenA

- Offering career guidance and job placement assistance for youth 18 – 30 years old facing obstacles to employment and struggling to join the industries they have trained for.

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RESET Society

1008 – 14th St. S.E.

resetcalgary.ca

403-237-8477

(office) 403-237-8477

(intake) 403-918-7311

- Long-term program for females 16 and older who want an exit from sexual exploitation or sex trafficking.
- Support while dealing with alcohol and/or drug recovery.
- Support during pregnancy.
- Life skills recovery day program. Child care provided.
- Assistance with job seeking or returning to school.
- Housing for those attending day program.

**Riel Institute for
Education and Learning**
2910 Third Ave. N.E.
rielinstitute.com

403-248-0824

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Aboriginal Family & Youth Support Certificate

- Entry level human services certificate for ages 18+.
- Nine month program; 6 months in classroom, 3 month work placement.
- Funding provided to qualified applicants.

Office Specialist Certificate (Bow Valley Partnership)

- Entry level office admin certificate for ages 18+.
- Eight month program; 6 months in classroom, 2 month work placement.
- Funding provided to qualified applicants.

Indigenous Youth Connections

- Transitional employment program for Aboriginal youth 15 to 30 years old.
- 3 months in classroom, life enhancement, employability's, workplace essential skills.
- 3 month supported work placement.
- Funding provided to qualified applicants.
- Student supports include cultural programming, tutoring, assistance with daycare and transportation, counselling, Elder sharing circles, resource assistance.

Aboriginal Head Start

- Fully funded Aboriginal pre-school ages 3 to 5.
- Transportation may be available.
- Focus on culture and language, education, nutrition, health, social support, parental involvement.

LISTINGS

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Rupertsland Institute
Métis Training to Employment

403-250-8902

540, 1000 Seventh Ave. S.W.
rupertsland.org
metisemployment.ca

Youth Employment Programs provide career exposure, work experience and support to Métis youth between the ages of 15 and 30.

- Summer student program.
- Resume writing/cover letter assistance.
- Access to job search tools; computers, copiers, fax machine.
- Post-secondary funding, scholarships.

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Sage Centre
Child and Family Grief Services

403-263-4525

1245 – 70th Ave. S.E.
sagecentre.ca

- Professional grief counselling and resources for children, teens and families facing advanced illness or the death of someone close to them.
- Individual and group programs.
- Self-referrals.

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Service Alberta
(Customer Contact Centre)

1-877-427-4088

- Information on the provincial Residential Tenancies Act for landlords and tenants.

Residential Tenancy Dispute Resolution Service

615 Macleod Tr. S.E. (Rocky Mountain Plaza)

- Out of court process where tenancy dispute officers make binding decisions on matters such as evictions, damage, repairs and security deposits.

Southern Alberta (24-hour crisis line) 403-297-2995

Child Intervention Services

(Child Abuse Hotline) 1-800-387-5437 (KIDS)

humanservices.alberta.ca

- Intake/investigation services when there are allegations or evidence that children may be in need of protection under the provisions of the *Child, Youth and Family Enhancement Act*.
- Emergency investigation and/or care for children in need of immediate protection.
- Repatriation to assist runaway children in getting back to their families.
- Assistance may be extended until their 22nd birthday.

SORCe

316 Seventh Ave. S.E. (westbound City Hall LRT station)

score.ca

- Multiple agencies in one location working to provide information, referrals and connections to community supports for people experiencing homelessness.
- Services available on a walk-in basis only.
- Intake and assessment for homeless housing programs.
- Information and referrals to programs for people who are homeless including: housing, addiction and mental health, employment, emergency shelters, justice system.

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LISTINGS

Monday to Friday 9 a.m. – 4:30 p.m.

Closed weekends and holidays.

For more information about SORCe or programs available in the community call 211.

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Stardale Women's Group

403-243-6615

**Sun Life Plaza West Tower
1600, 144 Fourth Ave. S.W.
stardale.org**

Drama productions created to increase community and participant awareness on the prevention of adolescent suicide.

Aboriginal Female Youth Program

- Empowering Aboriginal girls to design and share visions of their future through storytelling via visual arts and written word.
- Opportunities to co-create and work alongside noteworthy Calgary artists and educators.
- Leadership and communication skills building.

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Supported Lifestyles

403-207- 5115

**210, 495 – 36th St. N.E.
supportedlifestyles.com**

- Day program support to individuals with developmental disabilities in developing and pursuing career related goals.
- Combination of career planning, educational classes, paid employment, self employment, volunteer work, work experience and leisure and social activities.

The Calgary Bridge Foundation for Youth 403-230-7745
 620, 5920 Macleod Tr. S.W.
 cbfy.ca

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- Afterschool program helping immigrant youth improve their sense of belonging and understanding of Canadian culture.
- In-school settlement program supporting newly arrived immigrant families to help them make a seamless transition to life in Canada.
- Mentorship program matching immigrant youth with older students who were once newcomers for friendship and translation support.
- RBC Youth Empowerment program providing academic support through one-on-one and small group tutoring in literacy, math, science and writing.

The City of Calgary, Fair Entry
 Third floor, 800 Macleod Tr. S.E. (Municipal Building)
 2623 – 56th St. N.E. (Village Square Library)
 calgary.ca/fairentry

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Subsidy Application

City programs and services at reduced prices to households that meet the low income criteria in one application form.

- **Calgary Transit Low Income Transit Pass** – reduced price of monthly pass for eligible adults (18+) and/or youth (6 – 17 years) and annual pass for eligible seniors (65+) allowing access to all regular Calgary Transit services.
- **Recreation Fee Assistance** – offers low income Calgarians subsidized access to registered programs and admissions to Aquatics & Fitness Centres, Leisure Centres, Art Centres, Golf Courses and local Fee Assistance program partners.

- **Property Tax Assistance** – available to low income homeowners who experience an increase in their property tax. If approved, homeowners also receive a rebate on City waste and recycle fees.
- **No Cost Spay/Neuter Program** – free spay/neuter for eligible companion cats and dogs offered by Animal & Bylaw Services for adult (18+) pet owners.

Municipal Building:

Monday – Friday 8 a.m. – 6 p.m.

Village Square Library:

Monday – Thursday 9 a.m. – 9 p.m.

Friday 9 a.m. – 6 p.m.

Saturday 10 a.m. – 5 p.m.

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The City of Calgary, Recreation calgary.ca/recreation

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Aquatic and Fitness Centres:

Acadia

9009 Fairmount Dr. S.E.

Beltline

221 – 12th Ave. S.W.

Bob Bahan

4812 – 14th Ave. S.E.

Canyon Meadows

89 Canova Rd. S.W.

Foothills

2915 – 24th Ave. N.W.

Glenmore

5330 – 19th St. S.W.

Inglewood

1527 – 17th Ave. S.E.

Killarney

1919 – 29th St. S.W.

Renfrew

810 – 13th Ave. N.E.

Shouldice

5303 Bowness Rd. N.W.

Sir Winston Churchill

1520 Northmount Dr. N.W.

Thornhill

6715 Centre St. N.

Arenas:

Ed Whalen/Joseph Kryczka

(Southland Leisure Centre)
2000 Southland Dr. S.W.

Ernie Starr

4808 – 14th Ave. S.E.

Father David Bauer/ Norma Bush

2424 University Dr. N.W.

Frank McCool

1900 Lake Bonavista Dr. S.E.

Max Bell Centre

1001 Barlow Tr. S.E.

Murray Copot

6727 Centre St. N.

Optimist/George Blundun

5020 – 26th Ave. S.W.

Rose Kohn/

Jimmie Condon

502 Heritage Dr. S.W.

Shouldice

1515 Home Rd. N.W.

Stew Hendry/Henry Viney

814 – 13th Ave. N.E.

Stu Peppard (Glenmore)

5300 – 19th St. S.W.

Village Square

2623 – 56th St. N.E.

Leisure Centres:

Southland

2000 Southland Dr. S.W.

Village Square

2623 – 56th St. N.E.

The Doorway

10, 2808 Ogden Rd. S.E.

thedoortway.ca

403-269-6658

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- Program for youth 17 to 24 who have lived on the street a long time and feel stuck there.
- Safe daytime place away from downtown to write goals and plan steps off the street.
- Computer and phone access to other resources.
- Make your own plans to succeed in maintaining goals, employment and a place to live.

The Salvation Army

403-410-1111

Community Services (Calgary)

420 Ninth Ave. S.E.

salvationarmycalgary.org

Community Support Services

403-220-0432

1826 – 36th St. S.E.

- Basic needs assistance with clothing, food and infant essentials for low-income individuals.

Barbara Mitchell Family Resource Centre

403-930-2700

1731 – 29th St. S.W.

- Cover letter and resume writing assistance.
- Career exploration, job search and interviewing coaching.
- Assistance with referrals to education, employment, immigration and trade certification resources.
- ESL classes.
- Career and living skills workshops.
- Emergency food and infant essentials for families with newborns.

The Salvation Army Warehouse –

Donation Drop Off/Pick Up

403-287-9470

Bay 17, 112 Freeport Cres. N.E.

Affordable clothing, furniture and household articles.

Thrift Stores

thriftstore.ca/alberta

Forest Lane

403-235-3976

3A, 3200 – 17th Ave. S.E.

Glenmore

403-279-9035

2840 Glenmore Tr. S.E.

LISTINGS

Horizon Heights

461, 3508 – 32nd Ave. N.E.

403-250-2110

South West

121 – 58th Ave. S.W.

403-251-5941

Trade Winds to Success

403-205-3500

Training Society

1070, 2600 Portland St. S.E.

tradewindstosuccess.ca

- Indigenous pre-apprenticeship training program for Status, Non-Status, Métis or Inuit individuals 18 years and older with a minimum of grade 10 English, Math and Science.
- Preparation for entering the pre-trades such as carpenter, ironworker, plumber, steam/pipefitter, boilermaker, welder, insulator, construction craft worker, millwright and electrician.
- Funding may be available.
- Safety equipment (tools) and work clothing (PPE).

Urban Society for Aboriginal Youth (USAY) 403-233-8225

211, 811 Manning Rd. N.E.

usay.ca

- Free programs and services to Aboriginal youth 12 to 29.
- Computer, fax, Internet, photocopier, telephone and scanner access.
- Resume and job search assistance.
- Information and referral to other agencies.

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LISTINGS

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Vecova

403-284-1121

3304 – 33rd St. N.W.

vecova.ca

- Programs focused on building the recreational skills and confidence of children and youth (ages 4 to 21) with mild to moderate motor delays and disabilities.
- Education and preparation for youth with developmental disabilities who are transitioning from high school into the work force and adult services.
- A barrier-free public recreational facility with a gymnasium, a warm salt-water pool and a variety of classrooms and studio spaces.
- Swimming and fitness classes for children, youth and adults of all abilities.
- Wellness, community, employment, professional and residential living supports for adults with developmental disabilities.
- Social enterprises, including a non-profit bottle depot and a bottle pick-up service, that generate revenue in support of Vecova's programs and services.

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Women's Centre

403-264-1155

39 Fourth St. N.E.

womenscentrecalgary.org

- After school leadership programs for grades 5 to 12.
- Camps in the spring and summer (grades 5 to 6 and 7 to 9).
- Drop-in summer programs for grades 10 to 12.
- All programs open to those who identify as girls.
- All programs are free.
- Information and referral to community agencies for food, clothing, furniture, housing, health, employment, education and recreation.

Wood's Homes woodshomes.ca

403-270-4102

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Community Resource Team (24-hour)

403-299-9699

1-800-563-6106

- 24/7 crisis counselling for individuals and families.
- Mobile response within home, school and community settings.

Culinary Youth Employment Program 1008 – 14th St. S.E.

403-774-1674

- Prepares at-risk / homeless youth (15 – 24) for employment in the culinary field.
- 6-8 weeks training for employment in the restaurant/food industry, with weekly stipend.
- Hands-on instruction in a commercial kitchen, including menu design.
- Skills in conflict management, professional conduct and teamwork in a supportive learning environment.
- Employment support and opportunities.
- A work placement opportunity with Starbucks.

Eastside Family Centre

403-299-9696

255, 495 – 36th St. N.E. (Northgate Village Mall)

- Free walk-in counselling for individuals and families.
- Assistance with mental health concerns, life stressors, family stress and relationship issues.

Monday to Thursday 11 a.m. – 7 p.m.

Friday 11 a.m. – 6 p.m.

Saturday 11 a.m. – 4 p.m.

LISTINGS

Exit Community Outreach **1008 – 14th St. S.E.**

403-774-1674

- Outreach and mobile van services for homeless or vulnerable youth ages 12 to 24.
- Food, clothing, washing and laundry facilities.
- Onsite counselling and medical services.
- Referrals to educational, employment, housing, and legal resources.

Monday, Friday, Saturday 9 a.m. – 5 p.m.

Tuesday 9 a.m. – 7 p.m.

Wednesday 11 a.m. – 7 p.m.

Thursday 9 a.m – 7 p.m.

Calgary Adolescent Treatment Services **1008 – 14th St. S.E.**

403-774-1674

Monday, Tuesday, Thursday 9:15 a.m. – 4 p.m.

Exit Youth Shelter **112 – 16th Ave. N.E.**

403-509-2323

- Short-term safe shelter (up to 15 days) for youth 12 to 18.
- Food, clothing, washing and laundry facilities.
- Crisis counselling and family conflict resolution.
- Referrals to educational, employment, housing, and legal resources.
- Seven days a week, 4 p.m. – 9:30 a.m.

REACH (Via Exit Community Outreach) **1008 – 14th St. S.E.**

403-774-1674

- Clinical and mental health support to clients ages 15 to 24.
- No cost walk-in counselling services.
- Friday 9 a.m. – 3 p.m.

LISTINGS

LEAD (Linking Employment Abilities and Development)

403-774-1674

- Employment training program that provides youth with the opportunity to gain skills, find and maintain employment.
- Job attainment.
- Core life skills and financial literacy.
- Leadership and conflict management skills.
- School re-engagement and career development.
- Resume building.

YMCA Calgary **101 Third St. S.W.** **ymcacalgary.org**

403-237-9622

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- Free grade 6 student memberships.
- Youth membership ages 12 to 17.
- A variety of programs to help youth develop physical literacy and leadership skills.
- Multi-activity and sports day camps are offered at all Health and Recreation facilities during all school breaks and summer months.
- Financial assistance available.

Health and Recreation Facilities **Gray Family Eau Claire YMCA** **101 Third St. S.W.**

403-269-6701

Melcore YMCA at Crowfoot **8100 John Laurie Blvd. N.W.**

403-547-6576

Remington YMCA in Quarry Park **108 Quarry Park Rd. S.E.**

403-351-6678

LISTINGS

Saddletowne YMCA 7556 Falconridge Blvd. N.E.	403-237-2393
Shane Homes YMCA at Rocky Ridge 11300 Rocky Ridge Rd. N.W.	403-351-6673
Shawnessy YMCA 400, 333 Shawville Blvd. S.E.	403-256-5533
South Health Campus YMCA 4448 Front St. S.E.	403-956-3900

Flames Friday Active Youth Day/Night

- Every Friday from 1 p.m. – 10 p.m. for youth 8 to 17 years.
- \$4 admission includes access to all facilities and planned Flames Friday activities.

Community Support Programs

Active Y Kids **403-537-1716**

- Focus on helping youth 5 to 17 years old get more physical activity into their daily lives.
- 12-week program offered at five Calgary locations.

Leadership Programs **403-537-1716**

- variety of youth leadership opportunities that develop life skills, training, education, enrichment, health and wellness, recreation and international awareness.

YMCA Achievement Program (YMAP) **403-537-1718**

- A life skills, career exploration and leadership program for high school youth 15 to 20 with an immigrant background.
- Support from mentors and peers.

LISTINGS

High School Math Tutoring 403-537-2713

- Free high school math tutoring for those struggling in math and motivated to achieve.
- Application process, criteria for program includes demonstrating financial need.

Indigenous Programs 403-537-1723

- Drop-in and registered programs and services for Indigenous children, youth and families that support cultural identity, leadership, recreation and connections to Calgary's urban Indigenous community.

Global Initiatives 403-781-1698

- Helping to engage youth in the YMCA's youth development movement.
- Includes programs aimed to promote tolerance and an open mind through connecting, exchanging and volunteer opportunities with youth around the world.

Newcomer Programs 403-537-1716

- Ensures newcomers to Canada have the tools and support systems in place to help them succeed.
- Support with job skills, financial literacy, social networks, cultural defining and identity, philanthropy and global initiatives.

Outdoor Camps 403-269-6156

- Allow youth to keep active and develop skills.
- Financial assistance is available to those who are unable to pay camp fees.
- Offers meeting space, active birthday parties, corporate fun days, wedding space bookings and more.

Camp Chief Hector YMCA

Bow Valley Provincial Park

- Outdoor overnight camps

Camp Riveredge YMCA

Sandy Beach Park, 1215 – 50 Ave. S.W.

- Outdoor adventure and bike day camps

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Youth Central

403-266-5448

820, 105 – 12th Ave. S.E.

youthcentral.com

A variety of programs for youth ages 12 to 18.

Calgary Youth Foundation

- Youth steering committee coordinating grants to youth-initiated projects and youth-serving agencies.

Youth of Distinction Awards

- Annual recognition awards for youth focusing on community service, friendship, leadership and overcoming personal challenges.
- Award categories in Advocacy, Arts and Culture, Environment, Leadership, Peer Support, Perseverance, Sportsmanship and Volunteer.

Mayor's Youth Council

- Provides a platform and resources for youth to have their voice heard and effect change in their community.
- Aims to engage youth in their communities and represents youth in regards to issues that matter to them.

LISTINGS

Outreach

- Creative and social engagement with vulnerable youth at the Calgary Young Offender Centre, Discovering Choices Outreach schools and other community organizations.

TD Youth Earth Ambassadors

- Brings together like minded youth to promote positive environmental change in Calgary.

Youth Are Awesome

youthareawesome.com

- Blog-based site run by youth for youth, focusing on the things youth are doing and could be doing in Calgary.

Youth Volunteer Corps

- Meaningful team-based volunteer opportunities in partnership with community agencies and events.

Youth Volunteer Corps in Schools

- Opportunity for students to improve their local community or school through volunteerism.

Youth Week

youthcentral.com/youthweek

- Annual celebration of youth held in late April and early May.
- Business, community and youth agency activities and events.
- Free promotions and services.

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Youth Unlimited

403-291-3179

Bay 15, 1725 – 30th Ave. N.E.
youthunlimitedcalgary.ca

StreetLight Mobile (24-hour crisis line)

403-470-9322

Drop-In Centre (sexual exploitation line)

403-710-2879

- A safe place away from the pressures of the street for youth up to 24.
- Food, friendship, informal counselling, games, and music.
- StreetLight's mobile drop-in centre parks at 10th Ave. and Macleod Tr. S.E. Monday and Thursday 7 p.m. – 9 p.m. (for ages 24 and under)
- StreetLight's mobile drop-in centre parks at 41st Ave. and 77th St. N.W. Tuesday 7:45 p.m. – 9:30 p.m. (for ages 18 and under)

Worth Unlimited

- Work training and work experience program for disadvantaged out-of- school youth 15 to 24.
- Supervised work experience in vehicle maintenance, repairs and tire sales at an automotive service centre with a certified mechanic.

Youth Guidance

- One-to-one mentorship program matching 'at risk' youth with adult volunteers offering emotional and relational support.

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Disclaimer

The service information listed in the Calgary Youth Services Guide was provided by the agencies themselves. The accuracy of the information presented rests with them. The City of Calgary assumes no responsibility to any person or persons regarding the accuracy of the information contained in this publication or the quality of the services offered, nor shall it be held liable for any damage caused to any person, whether negligently or otherwise.

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Calgary Neighbourhoods, Social Programs and Services

For additional copies of the Youth Services Guide please **contact 311**. This guide is available online at **calgary.ca**

